

Abstract

The invention is directed to a system and method for determining if a "spam" message is originating from a messaging account by challenging a particular client's outbound email usage with a test that requires verification of content that is easily
5 understood by a human being, not an automated computer program such as those used by "spammers." If a limit on the number of recipients for outbound messages has been exceeded, a test is presented the next time a client attempts to send a message. The client must successfully answer the test within a relatively short period of time or else the ability to send messages will be disabled. Once disabled, the client can reinstate the ability to send
10 messages by contacting a representative of the message system out of band, e.g., a telephone call to confirm legitimate outbound email use.